

QC

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Home strikes artful balance between vintage and tasteful style **P.4**

SHARP EATS:

New cookbook offers Prairie eating pure and simple **P.12**

EVENTS:

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A BIG PICTURE OF TINY THINGS

JEFF CUTLER LOOKS AT 10 YEARS OF BRIGHT IDEAS AT THE SYNCHROTRON
P.6



FREE

IN THE CITY

MARCH 29, 2014 — 4:03 P.M.

A cheery face



On the left (clockwise from left): Members of the 'Teenie-Pom' cheer group make poses at a photo across the mar during a break in the action at the Saskatchewan Provincial All-Star Cheerleading Championships in Regina. (COURTESY OF WISDOM, REG.)

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ON THE COVER P. 6



Scientists like Tim Roper use Saskatchewan's Canadian Light Source Synchrotron to study the smallest particles of life. Their discovery is said to usher understanding of our world. go michelle.berg@lpc.com

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Chris Gohier has brought a swinging 40s style to her home in Regina. go michelle.berg@lpc.com

QC COVER PHOTO BY MICHELLE BERG

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SPACES

Do you know of an amazing space in Regina? Tell us about it!
Email QC@leaderpost.com.

REGINA'S BEST SPACES

'80s home gets '60s style in '14

By Ashley Martin

WHO? Chelsi and Paul Gebel

WHAT/WHERE/WHEN? The 1980s style of their home, a two-story in east Regina built in 1988. They bought the place in February 2013, moved in that May and did some minor renovations — cosmetic stuff like painting, changing out the carpet in favour of hardwood, tiling the bathroom, replacing the counter-top. The house has good bones, but it's Chelsi's style that defines it out.

WHY? Chelsi was swept up by the mid-century modern aesthetic from an early age, with her grandmother's influence. "Her house was still 60s, but full of classic and gang, there was just something about amazing vintage pieces that had stood the test of time and had sentimental value." When her grandmother passed away, Chelsi inherited some of her things and began her own collection in high school. She sneak her finds into the house, stashing them in the basement. "Then once I was bringing home shoes and stuff, I couldn't hide it."

"I'm obsessed with the aesthetic (of the 60s). I love the clean lines and how it looks and it's just classic."

HOW? There is a fine line to be drawn in vintage style decorating, to successfully render a classic look but not overdo it.

"That's why fear is it looking out there or like an old lady's brimmed collection everywhere on display. I just want it to look classic and not like a museum."

But Chelsi has struck a balance through two methods. Keeping a unique color palette throughout the house — white walls with teal, yellow and pink accents — and grouping things as collections to maximize clutter.



QC PHOTOS BY
BRYAN SCHLOSSER

SPACES



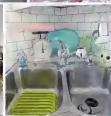
"Paul doesn't like clutter and neither do I," said Chello, who tries to get rid of on-hand things whenever she brings in a new one. "We love as things are clean and neat and not too busy. I think he's fine with it."

Though she is a hardcore Beatles fan (she met Paul McCartney this summer and got his signature tattooed on her wrist), she has avoided making the house a Beatles shrine. She'll show a special item like the print her brother gave her for Christmas, which is on display in the front room. Otherwise, her Beatles collection has a place in a spare-room closet.

Chello's treasures actually come from garage sales, estate sales, eBay and thrift shopping — although that's not as fruitful an avenue as it used to be. "Now there are so many people who are pickers. If you stuff on Craigslist (a) day later and totally jacked up prices," Chello says, "it's not always a bust, though — she did find her favorite piece on the site, the first couch in the front room. It was way less than I had budgeted. For a while, she said."

Chello is a do-it-yourself kind of woman. If she finds a piece in perfect shape, she'll fix it up. The cabinet in the front room got a second life with her, as did the Eames dining chairs, which she got for \$1 each.

When their first baby on the way Chello is not looking forward to the prospect of baby-proofing. With all the small items she has on display, it's going to be a lot of work. "I think I'm going to have to give some of it down into some of the stuff to the ground."



ON THE COVER

It's one of the top labs for this kind of research in the world. — *Mauricio Barbi*

CANADIAN LIGHT SOURCE SYNCHROTRON

Accelerating knowledge



Scientists come to Saskatoon from all over the world to use the Canadian Light Source Synchrotron located on the University of Saskatchewan campus. QC PHOTO BY GAIL HENRIK

By Sean Tremblay

Saskatoon's synchrotron is a lot to take in.

Located on the University of Saskatchewan campus, the device is massive, spread out across a huge warehouse-like space.

To an untrained observer, it's an incomprehensible jumble of polished steel and cables. To the researchers

who clamour for time there, it's one of Canada's most important scientific resources.

For all its size, the synchrotron's purpose is to reveal the tiniest details of the world. The intense light beams generated by zinging electrons around at near light speed allow scientists to see the tiny particles that make up our world.

The knowledge gained is applied

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- [Pondering prehistoric particles](#) **A 9**
- [Gold research not in vain](#) **B 9**
- [Future of disinfectants](#) **R 10**

cable in a vast variety of fields, for both new science and industry.

"It's one of the top labs for this kind of research in the world. It's cutting edge technology that we have there, with businesses that can

provide capitalization that few other labs on the planet can. When I say few I mean you can count them on your hand," says Mauricio Barbi, a University of Regina physicist who uses the synchrotron to study drug molecules and skin.

It's been almost 18 years since the grand opening of the facility, which saw CBC TV news anchor Peter Mansbridge broadcast live from atop

the equipment. Over 1,500 researchers have taken more than 30,000 shifts with the equipment. Recently they surpassed 5,000 total peer-reviewed papers published with their findings.

The synchrotron's main function is the advancement of knowledge, but it has also put the U of S, the city and the province on the worldwide scientific map.

This is a province, and a city, that really saw an opportunity, and grabbed the proverbial brass ring — Jeff Cutler

In the 1980s, the Natural Sciences and Engineering Research Council (NSERC), Canada's federal funding agency for science, did a study on what kind of research facility would best serve the country. A synchrotron was the best investment for Canada to make, says Jeff Cutler, director of industrial science for Canadian Light Source Inc. (CLS), the non-profit organization that built and now administers the synchrotron.

The next question was where. It came down to either the U of S or the University of Western Ontario. What sets both is geographical advantage, with many universities in the area meaning there were more scientists nearby to use the facility.

The U of S, on the other hand, had the Saskatchewan Accelerator Laboratory (SAL), a smaller linear particle accelerator installed in 1964. During the SAL, much of the knowledge base required to build and maintain such a device was already in place.

Consulting NSERC to build a facility was a joint effort between the university and both levels of local government.

"This is a province and a city that really saw an opportunity, and grabbed the proverbial brass ring," Cutler says.

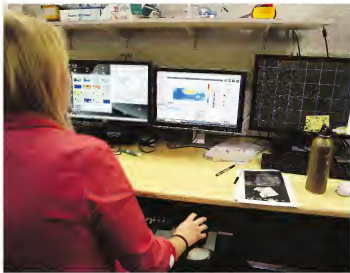
The facility opened with seven beamlines, each of which produces a specific type of light from the central ring that contains the accelerated electrons. Each beamline is useful in different types of science. Research was waiting to come to the facility to apply for time on the beamlines that had such their mark.

As researchers demanded different types of light, the facility expanded. There are now 18 beamlines, with eight more under construction.

"We've done more, and grown faster than I anticipated," Cutler says. "These places are engines. They're always growing, and adding new pieces of equipment."

Research time is precious. Some beamlines have more than twice as many appointments as there are time slots. The application process is rigorous.

Twice a year, CLS opens up to proposals. Researchers from around the



PhD candidate Jessica Stronberg looks at the distribution of different electron energies of synchrotron light at the synchrotron, operated by MICHELLE HILL

world submit their work. Applications go to an international pool of scientists who grade them based on their credentials and their potential impact on the scientific world.

"It's stressful waiting for your reviewers to come back," says Jessica Stronberg, a PhD student from Western who is at the CLS for the second time.

Once the proposals are graded, administrators look at a ranked list, figure out how much time is available, and eventually draw a line, according to Cutler. Those who don't make the cut are given feedback, and have

a chance to resubmit during the next round of proposals.

Time is assigned in eight-hour shifts. Typically, a researcher has 45 to 72 hours with their chosen beamline. There is no time to waste. Many of the work areas have machines, which researchers use to catch whatever they can between experiments.

CLS time is almost entirely observation. "You get as much data as they can, then take it back home and start the analysis process of study."

"You can take a 24-hour shift and

get enough data to last you a year of head-scratching," says Rachery Brink, head of research and development for local company Stratos Solutions, which uses the device to observe silver nanoparticles for drug applications.

Stratos is an example of the industrial use of the facility. As much as 80 per cent of beam time goes to paying customers. Clients range from large multinational corporations like Boeing to much smaller agencies like Stratos.

In sharing this international compass and scientific, CLS has

established Saskatchewan within the worldwide scientific community. While research will always be the focus, having such an important piece of equipment is also a major source of prestige.

"There's no question the CLS is a beacon of science, not just for the university, but the city and the province," Cutler says.

"This is an international facility. This facility has put Saskatchewan, and thus university on international footing."

alexander@lifestylemedia.com
cutler@com/lifestyle

SPORTS MEMORABILIA SALE



LEADER-POST

By **ROB VANSTONE**
& **AL DRIVER**

SUNDAY, APRIL 6, 2014

5316

SUNDAY, APRIL 6, 2014

16

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10 am - 4 pm

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Raise
a Reader.

There's only so many synchrotrons, and so much beam time available, so it's exciting to be able to come here
— Jessica Stromberg

PONDERING PRE-HISTORIC PARTICLES



Researcher Maurice Barbo with a dinosaur skull in a museum. He is working on a study to see whether the bones of dinosaurs have been crushed by the same forces that were found in Saskatchewan and Alberta to go with the fossils. (Photo by Michelle Ring)

For Maurice Barbo, the light provided by the GLS illuminates the distant past. While others look at submicroscopic or chemical components, the University of Saskatchewan physics professor counts the beams at something he has been curious about since he was young — dinosaurs.

Barbo uses the GLS to look at dinosaur bones and skin. Many of his samples come from right here in Saskatchewan, in the form of the famous Tyrannosaurus Rex found near Radium. Others come from nearby Alberta.

"It's quite good luck that there is a lab like GLS and also these dinosaurs in Saskatchewan," says Barbo.

Barbo explores several questions in his dinosaur work. The bones give clues about how certain species lived, how they moved and what they ate. The skin does some of the same, but also sheds light on what colour the dinosaurs might have been.

Dinosaur has never been Barbo's primary subject of research. He studies very high-energy physics, helping worked at particle accelerators in Switzerland and Germany. He chose physics over paleontology early in his academic career.

"My physics lab spoke louder than my paleo-

toe, but I always liked dinosaurs and paleontology," he says.

Originally from Baffin Island in Regina after his wife got pregnant. While focused on his regular physics work, he started volunteering at the Royal Saskatchewan Museum during dinosaur bones as a hobby. After a while, a curator there started talking about how he could use his physics expertise to learn more about the ancient creatures.

What started as a side project for Barbo has evolved into a full-blown research stream. "There's a new book now. It's no longer just a hobby. It's the real stuff," he says.

Barbo has used some of the synchrotron's beamlines, depending on what type of data he is trying to collect. He also has his eye on some of the newer lines being constructed.

Having worked with accelerators across the globe, he has nothing but good things to say about the Saskatchewan facility.

"GLS is really on the map in the international community. People come here all the way from China. They could have gone to Europe, but they come here because of the capabilities and the high quality of the GLS," Barbo says.



Jessica Stromberg, into the synchrotron to study gold and other elements that form in the same areas. The research could assist in predicting where gold will develop. (Photo by Michelle Ring)

Jessica Stromberg is excited to be spending three days in a tightly packed corner of the GLS. "It's one of those things not everyone gets to do. There's only so many synchrotrons and so much beam time available so it's exciting to be able to come here," says the University of Western Ontario PhD student.

She is a Saskatchewan to study gold. More specifically she and her fellow scientists from Western are close-wed at a molecular level, gold and other elements that form in the same areas of the Earth.

"In this case, it's to better understand the veins that are there. To understand how they formed and what the conditions were like," she says.

The beamline Stromberg is working with is called WGSB-ES. It is a type of X-ray spectroscopy that measures amount of energy flying away from the synchrotron.

"Basically you get a higher intensity light as you're accelerating the electrons around the beam. They're emitting X-rays that are as close to 10 orders of magnitude brighter than a regular X-ray," she says.

The beamline itself is housed in a lead-lined hut. The X-rays would be extremely dangerous to any humans exposed, but there are several layers of safety built into the process.

Most of the actual operation of the machinery is taken care of by an in-house GLS technician.

"They set everything up and basically all I do is stick my samples on there," Stromberg says.

They are collecting several types of data. In the future, Stromberg's research could help predict how and where gold veins have developed.

She won't see much of Saskatchewan, but an outpost scientist also knows about the city.

"It's the only synchrotron in Canada, so it kind of puts

jack on the map," she says. Any time not sleeping will be spent going to get information.

"On this trip I have next night hour shifts. So basically three days straight of data collection," Stromberg says.

"You get the impression she would have it any other way."



Jessica Stromberg explains the next step in her research. (Photo by Michelle Ring)

Before I started, I kind of had that misconception that we're the small guy. But really, the whole way the CLS has been set up, it's just been very easy for us to access this equipment. — Zachary Belak

THE FUTURE OF DISINFECTANTS

For many athletes, silver means you didn't win gold. Shuatz Disinfectants is using silver to put itself at the head of the pack.

The Shuatzoom company is using silver nanoparticles — extremely tiny bits of the precious metal — to revolutionize disinfectant technology and the synchrotron is essential to their research.

There's such a small amount [of nanoparticles] that there is no way to detect them without the synchrotron," says Zachary Belak, research chemist and head of research and development for Shuatzoom.

Silver nanoparticles are non-toxic to humans and environmentally friendly, but also act as a disinfectant, Belak says.

Shuatzoom's first product is a spray used to combat sports odors, but the company is looking towards many other applications in the medical and industrial sectors.

One particularly fascinating line of study is for disinfectants that keep working after you're done cleaning.

"The problem with most disinfecting chemicals is you disinfect a surface but as soon as you wipe it off, the next person to touch the handle or the doorknob, bacteria and fungi are put back on the surface," he says.

With silver, it may be possible to create a solution that keeps working after the cleaning process is done. Imagine doorknobs that keep themselves clean long after a spray has been applied.

That way, if someone touches the doorknob, it will actually attack itself before the next person touches it," Belak says.

Such a solution could be invaluable in hospitals, where the spread of sickness is a constant concern, or in schools and workplaces. Self-cleaning surfaces could prevent the transmission of flu and other sicknesses, leading to a more productive work or education environment.

There's still a long way to go which is where the synchrotron comes in.



Shuatzoom Disinfectant's Zachary Belak is developing a spray that will self-disinfect — an invaluable solution for hospitals, schools and workplaces. (courtesy: shuatzoom.com)

"Not a whole lot is known about these particles — the best way, shape, method of stabilizing them, method of making them — to give the best anti-microbial effects," Belak says.

Belak works with chemists at the U of S to create different sizes and shapes of silver nanoparticles. Then

they can put them into a beamline at the synchrotron to see how exactly they are working at a molecular level.

"We can actually tell what form the silver is in and pinpoint all sorts of detailed information about what these silver particles are doing at a very microscopic level."

As a small, local company, Shuatzoom is able to use and learn from the synchrotron thanks that is not just for the huge, multinational corporations.

Before I started, I kind of had that misconception that we're the small guy. But really, the whole way the CLS has been set up, it's just been very

easy for us to access the equipment. It's been cost effective, and it's been a great help for our research," Belak says.

"If anyone says the synchrotron only costs a billion dollars or more, in our experience that's not true at all."

SHARP EATS

SASKATCHEWAN FOOD TRENDS

Prairie eating pure and simple

By Jenn Sharp

Despite the overload of diets and weight loss solutions out there, obesity rates are higher than ever. New information comes out (sometimes) daily on what foods to eat for health, weight loss, reducing inflammation and cancer prevention: the list goes on and on. It's no wonder people get overwhelmed and give up on eating healthy.

A new book is targeted at people living on the Prairies that want to eat well and neither lose or maintain their weight. The Pure Prairie Eating Plan was written by Catherine Olson and Rhonda Reid, both nutrition professors at the University of Alberta.

The book combines the best of both worlds. It's a no-gluten, soy-free eating plan that includes a range of healthy foods, many of which are grown on the Prairies. Weekly eating plans are included, along with a range of recipes, all with nutrition information. Fun facts about Canadian grown products and healthy substitutions are there as well. Looking at the Pure Prairie Eating Plan, part cookbook, part food education bible.

While I've read other cookbooks with a focus on gluten-free, I appreciate this book for its simplicity, bright pictures and easy-to-read format. More so, I love the fact that it encourages people to get to know their local food products and experiment in the kitchen.

To order your copy, visit [usa.us.ca](http://www.usa.us.ca) or McNally Robinson in Saskatoon. For more information or to order an e-book, go to www.pureprairie.ca.

The following are just a couple of the varied recipes you'll find in the Pure Prairie Eating Plan. We tested out a few for ourselves at QC and I can assure you that everything was delicious.

Mixed Grain and Lentil Pilaf

This dish is packed with filling grains, in healthy carbs, tryptophan and vitamins. It also makes an excellent side dish for any kind of meat or poultry (reduce serving size to ½ cup). Leftovers can be used in a salad the next day.

Serves 8 – serving size ½ cup

INGREDIENTS:

- > 1 cup water
- > ½ cup short-grain, arborio and risotto
- > ½ cup uncooked bulgur
- > ½ cup uncooked quinoa
- > 1 cup lentils (all)
- > 1 cup dried onion
- > 1 cup dried green or red bell peppers

- > 4 oz dried mushrooms
- > ½ cup dried almonds or pecans, toasted
- > ½ cup chopped parsley or mint
- > 1 tbsp coriander oil
- > ½ tsp salt
- > 1 or reduced-fat fat-free cheese, crumbled

DIRECTIONS:

1. In a large saucepan, bring the water and lentils to a boil over high heat. Reduce the heat to medium-low, cover and cook for 15 minutes.
2. Stir in the bulgur and quinoa. Cover and cook for 15 minutes, or until the lentils are just tender.

3. Drain in a fine mesh sieve.
4. Meanwhile, heat 1 tbsp of the coriander oil in a large skillet over medium-high heat. Cook the onion and peppers 5 minutes or until edges begin to brown. Add the mushrooms and cook for 5 minutes or until the edges begin to brown, stirring occasionally.

NOTES:

4. Remove from heat. Gently stir in the drained lentils, mushrooms, almonds, parsley salt and second 1 tbsp coriander oil.
5. Sprinkle with cheese and gently fold in until just combined.



Mixed Grain and Lentil Pilaf. QC PHOTO AND FOOD STYLING BY MICHELLE REID



Yam 'Fries' with Cajun Dipping Sauce. QC PHOTO AND FOOD STYLING BY MICHELLE REID

DIRECTIONS:

1. Preheat oven to 400°F. Line large baking sheet with aluminum foil.
2. Peel yams and cut on half lengthwise. Then slice into 1 cm slices, and finally into 2 ½ cm

strips to resemble fries.

3. Place yams in a large bowl. Drizzle coriander oil and toss gently, yet thoroughly to coat. Sprinkle with paprika and black pepper, and toss gently.
4. Arrange yams in a single layer on baking

- sheet. Bake for 20 to 30 minutes, turning with a spatula after 20 minutes, or until beginning to brown.
5. Serve immediately for peak flavour and texture.

Yam "Fries" with Cajun Dipping Sauce

Yams are a good source of fibre and potassium. If you want an extra boost of beta-carotene and a lower glycemic index, use sweet potatoes instead of yams. Try other spices such as onion, chili powder or cayenne for a different taste.

Serves 6 – serving size ½ cup

INGREDIENTS:

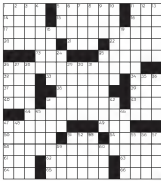
- > 1 ½ lb yams
- > 2 tbsp coriander oil
- > 1 tsp crushed paprika
- > ½ tsp coarsely ground black pepper
- Cajun Dipping Sauce:
- > ½ cup fat-free sour cream
- > 1 tbsp Louisiana hot sauce or Tabasco sauce
- > 1 medium garlic clove, minced

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 First in "Islands"
 5 On the Wright team?
 11 HUFF ____ (adjective entry)
 14 In a tempo
 15 Seismology's shop
 18 South American online store for short
 17 Journalists' coming abstract art?
 20 Contender for one
 21 Coy with a fat pun
 22 Hi staffers
 23 Mike Vickers' star film
 25 A film high
 28 Help from a cop?
 32 ____ (verb)
 33 Wheel place in a
 34 After dark bedtime
 37 Letter on a card
 38 (often curtly) talk to
 39 (used on the phone) feed back
 40 You and ages
 41 Nobility's exiles
 42 ____ (verb)
 44 Canned tuna without mayo?
 47 The focus of Paul
 48 The one foot in a C
 50 ____ (noun)
 51 Shell command
 54 Amp the check in a
 56 Namesakes with a ring in Philadelphia
 61 Statue in Philadelphia
 62 Kickin' heads in the club
 63 Outer problem
 64 Indie "fear" music festival
 65 (noun) back slap
 66 Pop music's new play
 67 Pop music's new play



DOWN

- 1 "Super" campaign
 2 "You can close tonight to make the show"
 3 Don't shut
 4 (noun) a person
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PUZZLE BY PATRICIA MORGAN

JAMNIG
CLASSIC
SUDOKU

Level: GOLD

Fill in the blank cells
 with numbers 1-9.
 Each number can appear only once in each row, column and 3x3 block.
 Use logic and process of elimination to solve the puzzle.

The difficulty level
 ranges from Bronze
 (easiest) to Silver
 to Gold (hardest).



Solution to the
 crossword puzzle and
 the Sudoku can be
 found on Page 10.

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WINE WORLD

SASKATCHEWAN LIQUOR TRENDS

No Russian vodka in Sask.? Not a problem

By James Romanow

Read Well recently stole the world like a colossus, holding a Saskatchewan stage light to the sun-baked of tyranny. He ordered the SLEGA to stop selling Russian vodka. 'Vodka best' (He later retracted the order).

As it happens the great face only sells one Russian vodka, and it isn't even a terribly popular label. This is because in line of the alcohol vodka orders I've earned to be Russian—Stolichnaya and Moskovsky—were untested.

Way back in the 1990s when Pepsi signed a trade agreement with the Soviet Union, they ran into the problem of registering earnings. The export was not in trade goods. Pepsi, very quickly became the sole importer for Stolichnaya, and I think Skol. And that Russian vodka was introduced to the market and the home in previous vodka sales.

A friend's mother introduced me to Moskovsky vs, which she, a good central European, kept in the

house. It has a slightly more floral palate to the only peppery Skol. palate. I drank both and usually have a Moskovsky in the liquor cabinet, partly just to remember life.

Robt eventually won the marketing wars in the '90s. Since then both Stolichnaya have moved to less corrupt Latvia, where trading is a lot easier. Through out the home the bottles maintained their Soviet in design. These days, the old label looked more and more traditional. The Latvians recently refreshed the labels with subtle touches that keep them recognizable while very attractive.

Whether you drink your vodka out of the freezer, with a hint or in a tonic, the both at home a try. They're great. Think of the solidarity with Ukraine.

Moskovsky Vodka 750 ml *****

Stolichnaya Vodka 750 ml *****

More great wines in Monday's paper and on Twitter @jbrn



Crossword/ Sudoku answers

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May 10, 2014
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Call 306-781-9310 to book or visit www.evrazplace.com

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ALL DAY BUFFET
OVER 15 ITEMS
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Offering Arabic and East Indian Cuisine
Open: Monday - Friday from 11:00 - 10:00
Saturday - Sunday 12:00 - 10:00
Located Downtown Regina
1822 Broad Street
306-545-5888
www.reginakebabhouse.ca

ON THE SCENE

BRIGHTER FUTURES FOR CHILDREN

The future will be brighter for the SCEP CENTRE and the Regina Early Learning Centre, two of Regina's most effective and well known early childhood programs. Following The Brighter Futures For Children event held March 27 at the Casino Regina Show Lounge.

The event included entertainment from Regina artists, live/recorded The 50's (live) band, live/recorded Conrad Bakkevik and The Dakota Hall Five. In addition, the event's carnival atmosphere also included a paint, silent auction, raffles, a profit for employees and balloon pops.

Although the final figures have yet to be tabulated, organizers estimated that the fundraiser which drew 450 patrons, will raise in excess of \$60,000. All proceeds from the event will support the work of the SCEP Centre and the Regina Early Learning Centre.

Founded in 1968, SCEP Centre Early Intervention and Training Services is an intensive, early intervention day program for preschool children ages two to five years with complex needs, and for their families. Founded

in 1977 the Regina Early Learning Centre is a child and family development centre which supports the healthy development of low income children from prenatal through five years of age.

1. Stacy Lelcher and Kevin Barry

2. Jessica Mackintosh and Anita Bogan sell raffle tickets

3. Melissa Benis, Carmen Fayant and Candace Lange sell prize balloons

4. Presenting sponsor Doug Archer

5. MCs Brian Sakar (left) and J.C. Gordon

6. May Ann McGrath (left) and Patricia Clark

7. Barb Rio (left) and Anita Tooser

8. Robin Evans, Larry Christie and Patricia Christie

QC PHOTOBY
BRYAN SCHLOSSER



OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the pages, have a picture taken with the finished product and email it to qc@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner won **Kids Kinsars**.

Congratulations! Thanks to all for your colourful submissions. Try again this week!

Kids Love Ricky's

At Ricky's you'll find everything you need for your next party!

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 777 Albert Street
 306-775-3900
regina.goterickys.com

EVENTS

What you need to know to plan your week.
Send events to qc@leaderpost.com

MUSIC

Wednesday, April 2

Rural Remedy
O'Hara's, 1847 South St.

Wednesday Night Folk: The Juke Box Trio
Rushwicks, 2220 Dewdney Ave.

Way Back Wednesdays with
Leather Gables
McNally's, 2226 Dewdney Ave.

Thursday, April 3

Music Dept. Acoustic
Nash Lofts, U of W Student
Centre, 608 1st Ave.

Florian Hecker Group
8 p.m., Gorman Club
1727 St. John St.

Pop the Trunk
The Pump, 641 Victoria Ave. E.

Queen City Rocks
The Wolf's best of the bands
The Exchange, 2421 Eighth Ave.

Slates, The Jump Off
O'Hara's, 1847 South St.

Flemish
Featuring The Bureau and
guests, 9 p.m., Pipa Bar, 1970 Hamilton St.

Pick Pocket, Mother Night
McNally's, 2226 Dewdney Ave.

Friday, April 4

Pop the Trunk
The Pump, 641 Victoria Ave. E.

Madman
Art Gallery 1521 7th Ave.

Steve Martin Walter
McNally's, 2226 Dewdney Ave.

Neckstarrer
The Exchange, 2421 Eighth Ave.

Saturday, April 5

Monica Calzadilla
U of W Student Centre



David Smider with band members Jason Blood (left) and Darin Hodgson will perform Wednesday at O'Hara's. (D.L. Farrow)

3-6:30 p.m., Holy Rosary Church,
2104 Garnet St.

Pop the Trunk
The Pump, 641 Victoria Ave. E.

Across the Border
Steph's Synchro Orchestra
8 p.m., Canvas Arts Centre
200 Lechford Dr.

Steve Martin/Walter
McNally's, 2226 Dewdney Ave.

Electric Kitten
YGR Nite Club, 1675 Ontario St.

Sunday, April 6

Steve Brockley Band

The Club at the Exchange
2421 Eighth Ave.

Fafa DeSousa with Courage
Big Love
Artful Dodger, 1631 18th Ave.

Monday, April 7

Monday Night Jazz & Blues
Whitlsey Slim
Buschwick
2205 Dewdney Ave.

Weekly Organ Circle
Instruments provided
7:30-9 p.m. The Living Spirit
Centre, 30 W. Basin Dr.
Call Mike at 306-558-3958

Mark Harris Jazz

Fontaine Restaurant Kallens
2015 E. Quince St.

Tuesday, April 8

U of W Orchestra Concert
8-9:30 p.m., U of W Riddell
Centre University Theatre

Mark Harris Jazz
Fontaine Restaurant Kallens,
2015 E. Quince St.

VISUAL ART

Paper
Exhibition opening and anniversary celebration, April 3,
5-6 p.m. Exhibit until May 10
Slates Fine Art Gallery, 3478

Halifax St.

Annual Salon Show
Until April 5, Art Gallery of
Regina, 2430 Elphinstone St.

Devilla Cohen Polton
Black-and-white Xerox images
create drawing, fragile and
clearly theatrical stage
settings for an 18-minute
video.

Until April 3, Central Library
MediaHouse, 231-12th Ave.

**Ian Johnston's Reinventing
Consumption**
A three-room installation featuring
sculptures examining
creation and consumption.

Until April 3, Dunsig Gallery,
RPL Central Library, 2381 12th
Ave.

**Kan-Gil Sengul: Western
Textures**
Landscape artist from B.C.
Opening reception April 4, 5-8
p.m.
Until April 30,
Académié Gallery, 2266
Smith St.

**Frühwirths Art Gold Spring
Show and Sale**
April 4, 9-9 p.m.
April 5, 10 a.m.-5 p.m.
April 6, 9 a.m.-6 p.m.
Neil Redwell Art Centre, 2420
Elphinstone St.

Sunday Art Market
Every second Sunday, 3:30-7
p.m.
Cathedral Neighbourhood
Centre, 2500 12th Ave.

Art X
U of W Visual Arts graduating
exhibition
Until April 6, Mearns Art
Gallery, 3475 Albert St.

Jean Crowdo: Decades
Addresses the concept of
scenarist's camera, and the
process of integrating an image
removed from its original
era and context.

Until April 12, Neutral Ground,
1850 South St.

Chilly Scenes of Winter
An award-winning series of
photography of Saskatchewan
winter scenes.
Until April 25, Creative City
Centre, 1643 Hamilton St.

Shaina Neuhart: Soliloquy
A dual projection video installation
by world renowned
Canadian-American artist Shaina
Neuhart, complementing the
work of Saskatchewan filmmaker
and video installation artist
Ankita Adkins.
Until April 27, Mearns Art
Gallery, 3475 Albert St.

EVENTS

Barbara Weinman: The Artist's Dance

Photographic installation explores the relationship between personal belief and unperceived religion. Programmed in response to Selloupy by Simon Njami at UNTL May 6, MacKenzie Art Gallery, 3475 Albert St.

RC Adams: Birch Bark Ltd.
Winnipeg artist RC Adams presents an installation of 24 porcelain birch bark sculptures. UNTL June 4, Sherwood Gallery, 6121 Redhawk Blvd.

Canadian
What does it mean to be Canadian? UNTL June 16, MacKenzie Art Gallery, 3475 Albert St.

Annie Akkari: we live on the edge of disaster and imagine we are in a musical
Video installation highlighting the work of Saskatoon filmmaker Annie Akkari. UNTL June 16, MacKenzie Art Gallery, 3475 Albert St.

Contemporary Canadian Landscape and Place: The Artists of Scott Nicholson Fine Arts
New exhibitions quarterly UNTL July 31, Regis Centre Crossing, 1621 Albert St.

Contemporary Canadian Landscape and Place: The Artists of Scott Nicholson Fine Arts
UNTL June 30, 1621 Albert St.

Asiniboluk Gallery
2206 Smith St. Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Novaqua Gallery
2145 Albert St. Open Tuesday to Saturday, 10 a.m.-6 p.m.

Deborah Offit and Fine Arts Oil and Ink Paintings by Chinese artists Lingtao Jiang and Huang Tian.



Kenny Hult, Jeff and Spencer Sperry. *Rock water/garden in Kenny vs. Sperry vs. Canada* (Frog at The Owl and Frogs).

2212 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

Robyn Carrington
April 4, 7 p.m.
Cassidy Regina Theatre
1860 Saskatchewan Dr.

Karney vs. Sperry vs. Canada
April 4, 8 p.m.
The Owl, U of R Bldg Centre

Best of the 2014 Winnipeg Comedy Festival
Featuring Derek Edwards, Graham Christensen, Jan Gaurt, hosted by Dave Hamilton.
April 5, 8 p.m.
Cassidy Regina Show Lounge
1860 Saskatchewan Dr.

The Lunch Show
Live standup every Saturday night, 9:30 p.m. Samuda Hotel, 1878 Victoria Ave.

PERFORMANCE

Hudson Brew
100th Festival of Creation

and performance.
April 2-5, 7:30-9 p.m.
U of R Bldg Centre room 176

Headline's Sunset
Showcase of Sask. authors April 3-6, various times.
WPC Central Library, 2210-12th Ave. Registration is required.
call 336-777-6300

Salt-Water Moose
UNTU April 6
Globe Theatre, 1801 South St.

How to Give Feedback
Workshop for poets and performers.
Every Thursday 7-9 p.m.
Creative City Centre, 1843 Hamilton St.

Vancouver: The Sounds of Music
UNTU June 13
Applause Driver Theatre, lower level, 1615 Broad St.

DANCING

Wednesday Night Salsa
Hosted by Regis Saleros
Every second Wednesday

night, 8-11 p.m.
Cathedral Freshness, 2042 Albert St.

Operation Swing
April 4, 7:30 p.m.-10:30 a.m.
Letha Foster, 2830 Saskatchewan Dr.

Milnes One Club singles dance
April 4, 8 p.m.
1100 Winnipeg St.

The Last Watercress and Drina
Regina Ballroom Dancing Club
April 5, 8:30 p.m.
Comex Arts Centre

Latin Lounge
First Monday of the month.
Hosted by Cubane Dance
April 7, 8-11:30 p.m.
Artful Design, 1631 13th Ave.

FOR FAMILIES

Storytelling Dropin
April 2, 9:30-11:30 a.m.
WPL Senior Branch, 3130 E. Woodburn Ave.

Stars and Stripes
Every Wednesday, 1 p.m.
Complex Gordon Southland Mall, 1025 Gordon Rd.

Bake a Difference
Combat bullying through baking, spread kindness with a cookie.
Every Wednesday, 5-7 p.m.
Sweet Ambrosia Bakeshoppe, 230 Winnipeg St. N.

Family Storytime Dropin
April 2, 6:30-7 a.m.
WPL Sherwood Village Branch, 410 Woodside Blvd.

Imagine No Bullying concert
Featuring Codi Provost and Stephen Mayhew
April 2, 7 p.m. Boise White City School, White City

Storytelling Dropin
April 3, 9:30-11 a.m.
WPL George Southwell Branch, Southland Mall

Family Storytime Dropin
April 3, 10-10:30 a.m.
WPL Glen Glen Branch, 1601 Dewdney Ave. E.

Mainly Mother Goose Dropin
April 3, 10:15-10:45 a.m.
WPL Regent Place Branch, 331 Albert St.

Indoor Playground Dropin
April 4, 9 a.m.-noon
South Leisure Centre, 175 Sunset Dr.

Storytelling Dropin
April 4, 9:30-11:30 a.m.
WPL Senior Branch, 3130 E. Woodburn Ave.

Family Storytime Dropin
April 4, 10-10:30 a.m.
WPL Glen Glen Branch, 1601 Dewdney Ave. E.

Mem and Tot Bored Meetings
Hosted by Kate Murray, 260-219-3511. Weekly meetings (Fridays, 10-11:30 a.m.)
Early Learning Family Centre, South College, 3300 7th Ave.

Preschool Storytime Dropin
April 4, 10:15-10:45 a.m.
WPL Regent Place Branch, 331 Albert St.

Family Storytime Dropin
April 4, 11:30 a.m.
WPL Regent Place Branch, 331 Albert St.

Young Explorers
Interactive learning, five and under for 5-12 year-olds.
[R] Register at 346-767-1271
April 4, 5:30-9 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

Songlight Christian Preschool Sale
April 5, 9 a.m.-11 p.m.
Songlight Christian Church, 530 Cannon St.

Build and Grow Chosen
Build a special feature project. For children age 5 and up.
Every Saturday, 10 a.m.
Lewes, 4353 Gordon Rd.

Mainly Mother Goose Dropin
April 5, 10:30-11 a.m.
WPL Central Children's Library, 2311 12th Ave.

Family Potluck Dinner
Enjoy a fantastic film for just \$2.50. This week: *Alvin and the Chipmunks*.
Saturday, 11 a.m. Galaxy Cinema, 435 McArthur Blvd. N.

Science Centre Family activities
Saturday and Sunday, 2 p.m.
This week: *Wildlife Rescue!*
Learn about how science is saving lives of wildlife. A featured by all spills in the ocean and help them a feather!

Science Centre Family activities
Saturday and Sunday, 2 p.m.
This week: *Wildlife Rescue!*
Learn about how science is saving lives of wildlife. A featured by all spills in the ocean and help them a feather!

Memorabilia Club
Interactive learning for children aged 5-8. [R] Register at 346-767-1271.
April 6, 5-6 p.m. Royal Saskatchewan Museum, Discovery Room, 2445 Albert St.

EVENTS

Family 50th Birthday

Every Saturday, 2-4 p.m.
Macdonald Art Gallery, 3470
Albert St.

Parent and Preschooler

Jungle Gym
April 1, 9:30-11 a.m.
At Hatcher Family Wellness Cen-
tre, Core Hatcher Healthcen-
tre Centre, 445 14th Ave.

Storying Group

April 1, 10-11:30 a.m.
DPL, Prince of Wales Branch,
645 19th Ave.

Family Storytime Drop-in

April 1, 7-7:30 p.m.
KPL Central Children's Library,
331 12th Ave.

Science Time for Kids

Interactive workshop aimed
at early learners.
Every Tuesday, 9:30-10 a.m.
Saskatchewan Science Cen-
tre, 2903 Powerhouse Dr.

Storying Group

April 6, 9:30-11 a.m.
KPL, Sunrise Branch, 3310 E
Woodlands Dr.

Preschool Storytime Drop-in

April 6, 9:30 a.m.-noon
KPL, Regent Place Branch, 331
Albert St.

Family Storytime Drop-in

April 6, 10-11:30 a.m.
KPL, Prince of Wales Branch,
645 19th Ave.

Toddler Time Drop-in

April 6, 10:30-11 a.m.
KPL, Regent Place Branch, 331
Albert St.

Family Storytime Drop-in

April 6, 6:30-7 p.m.
KPL, Silverwood Village Branch,
2012 Hochdale Blvd.

Men's Morning Out

2002 Acornhurst Dr., Waterloo
@usdnl.net

Members of Pre-Schoolers

(MOPS)
Rosewood Park Alliance



Canada's amateur boxing in Regent of the Prince's A Boxing: The Lonsdale Boxing Club vs. Western Can-
ada, Friday at The Canadian Arts Centre, 801 4th St.

Cheney, mops@rosewood-
park.ca

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SPECIAL EVENTS

COX Heritage Lecture 2008

Featuring Wilma Bell-Wood,

Georgie Maloney and Ken

Milne.

April 2, 7:30 p.m.

College Avenue Campus, Gal-

lery Building Room 106

354545 Air Ambulance Fund-

354545 Air Ambulance Fund-

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354545 Air Ambulance Fund-

Month's Men's bowling club

Meeting

April 4, 6 p.m.

Bushwicket Lanes, 2208 Dewdney Ave.

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Notes

Featuring Paul Barrett and

Code Project, a live auction,

short story, wine and

10/10 show Call 306-564-

7879 for tickets.

April 4, 6 p.m. Delta Regins,

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Tartan Tea

Hosted by Sons of Scotland
Camp Belmore #171. Tea/
coffee, dessert and entertain-
ment. \$5.

April 1, 1:30-3:30 p.m.

10. Mary's Anglican Church,

3337 12th Ave.

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